

# WELCOME TO 2026!

Majestic Pines Senior Living Newsletter + January 2026

Welcome to a new year here at Majestic Pines!

January is here and we're looking ahead to a wonderful new year with our staff and residents!



**Did you know?**

**January is known to be the coldest month in the Northern Hemisphere and the warmest in the Southern Hemisphere.**



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**Majestic**  
SENIOR LIVING  
**PINES**

# NEW YEAR = NEW FACES!

We are proud to introduce some new faces to our amazing team here at Majestic Pines!

## Meet Alex!

Alex is our new Sales and Marketing Director. From giving tours to creating newsletters, you can find Alex making sure that our community doesn't go unnoticed! Outside of work, Alex is a busy dad to twin 6-year old boys!



## Meet Dan!

Dan is our new Maintenance Director here at Majestic Pines. Dan brings over 25 years of experience making sure things run exactly as they should! Outside of work, you can find Dan outdoors and spending time with his kids and helping coach sports!



## Meet Tami!

Tami is our new Community Fitness Specialist. Her background in health and wellness has led her to what she believes is the perfect place to help residents achieve their goals. Outside of work, you can find Tami enjoying the outdoor lifestyle and attending car shows with her husband!



# DIETARY with Dennis!

Our next Culinary Meeting is at 2:00 PM on Thursday, January 15th, in the Turning Leaf Dining Room.



We've got some new items coming to our Anytime Menu this month including Catfish Filet dinner, Butterfly Shrimp, and Crispy Pork Tenderloin sandwich!

## DIETARY FACTS:



Our "Health in Food" topic this month is about calcium. Your body cannot produce calcium, so in order to get this important mineral we need to get it through the foods we eat or supplements.

Eating food rich in calcium is critical to maintain strong bones, maintain healthy cell function, support muscle and nerve functions and regulate blood pressure and hormone levels. Foods high in calcium are: Diary products, soybeans, dark leafy vegetables, calcium fortified foods, canned salmon, figs, flour tortillas, and canned baked beans!

**FREE MEALS FOR 2026:**

**EASTER, SUMMER BBQ (JUNE), 4TH OF JULY, THANKSGIVING, CHRISTMAS**



# HAPPY HOLIDAYS!

We had such a wonderful time celebrating the magic of the holidays with our staff, residents, and their families!



# ACTIVITY PROFESSIONS WEEK

## January 26th - 30th

**National Activity Professions week is a dedicated time to honor our activity coordinators and assistants. Activity professionals inspire, engage, enrich, and are a vital part of our resident's lives.**

**Here at Majestic Pines, we want to extend a heartfelt thank-you to our Community Coordinator (Lynn), Activity Assistant (Cathy), and Meaningful Days Coordinator (Kelly) for creating both mentally and physically engaging activities and for cultivating an environment that truly feels like home!**



**If you see Cathy, Lynn, or Kelly - be sure to give them a big high-five for all they do!**



**Did you know?**

**January 29th is National Puzzle Day! Celebrate by working on a puzzle with a friend!**

# FAMILY COUNCIL

Majestic Pines provides a space and coordinates the participation of interested participants for resident and family council. Majestic Pines will offer both councils meeting opportunities per the council's request, at least semi-annually. This is an opportunity for residents and/or families to come together and discuss any changes they would like to see implemented, share concerns or simply collaborate with other council members. The council then submits their request(s) to the Community Advisory Board for further discussion and issue resolution. If you prefer to share your requests or concerns outside of either council, you are always welcome to do so via the Care and Concern or Council Request forms found at the Information Station in our Bistro. We are always looking for ways to improve and encourage you to share your feedback.



# **MEMORY LOSS SUPPORT GROUP**

*at Majestic Pines Senior Living*

**Majestic Pines Senior Living is now hosting a Memory Loss Support Group. This group will meet on the second Thursday of each month, in our private dining. This group is brought to you by ElderCircle. The memory loss support group are for caregivers of any age who is caring for an ailing parent, child, spouse, or other individuals of any age, near or far.**

**The support group is led by trained facilitators to help teach coping skills, help reduce anxiety, build resiliency and provide a safe place for people to share common concerns and receive emotional support.**

**For questions, call Danielle with ElderCircle at 218-999-9233 - EXT. 282 or email [danielle@eldercircle.com](mailto:danielle@eldercircle.com)**



**\*Activity Schedules are subject to change - please check in with your daily activity board for any updates.**



# MEANING-FULL DAYS

The Meaning-Full Days Program is a holistic approach to memory care that centers on creating purposeful, joyful experiences for residents through meaningful engagement, enriched environments, and collaborative care. Grounded in the belief that every individual deserves dignity, connection, and comfort, the program integrates structured daily routines, sensory-rich environments, and personalized activities to support the mind, body, and spirit. Visual cues like personalized posters and shadow boxes, calming sounds such as era-appropriate music, and therapeutic scents like lavender and rosemary are thoughtfully incorporated to enhance orientation and emotional well-being. Through strong partnerships with families and a unified team effort across all departments, the program fosters a culture where residents feel truly at home, supported by caregivers who understand and honor their unique life stories.



# OUR AMENITIES



## WARM WATER POOL

The warm water pool is designed for multi-use including one-on-one therapy for injury, pain or strengthening as well as group classes. This type of pool design allows the very sedentary to high level athlete ways to progress their personal health and wellness.

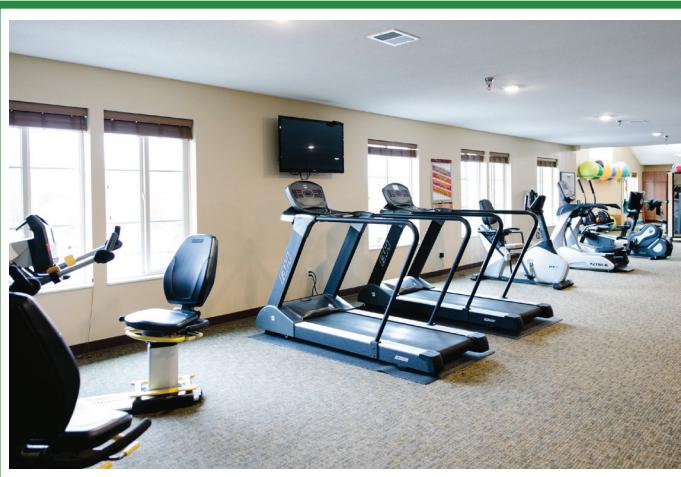
## CHAPEL

We believe in holistically caring for people. That includes caring for them spiritually as well as physically and emotionally. Our Chaplain is available to provide spiritual care to all faiths. Our goal is to provide support through difficult transitions in life while being an advocate for you and your family.



## FITNESS CENTER

Our fitness center offers state of the art Nautilus strength training equipment with Flex Tech technology designed specifically for seniors. This Flex Tech technology has the ability to track your progress, demonstrate proper technique, and record your weights and reps for every workout. This information will allow you to compare your data session to session and provide you with valuable information about your health and fitness.



# OUR AMENITIES

*continued*

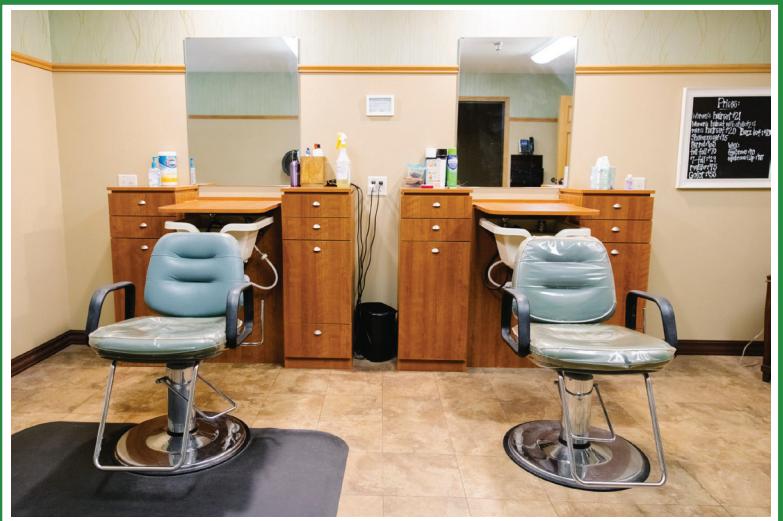


## BISTRO

Whether you want to grab a cup of coffee or sit for a nice dinner, Majestic Pines offers a full kitchen and complete menu of nutritious options. The Bistro and Restaurant are open to the public.

## BEAUTY SALON

Our full service beauty salon is available by appointment or walk-in.



## GUEST SUITE

Visiting friends and family are able to rent our guest suite on a nightly basis. Overnight rental includes breakfast. You can inquire at the front reception desk for availability.

